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Wednesday June 19, 1963

Terry Owens: -? - a little bit of what you said -?? - I have been trying to -?? - certain things which often when I hear you speak about, something in me almost glibly says, "Yes, yes." And for a long time I have not really considered them. And, as far as determination goes, I started out with a determination to do it. The things that I wanted to consider where somethings having to do with death, my death, my God and things like that. After a very short time, certain things came in feelings of sentimentality, imagination, making stories up, daydreaming and completely took me away. And when I would realize this it was with such shock and I tried to come back to where I was. And each time that I got taken away, the time after that when I would come back was even shorter and shorter. Only one time could I really consider something for a while and come to a conclusions and that was completely intellectual and had to do with the diagram. -??\* to wait ~~in~~ until something...

Mr. Nyland: No. You know Terry, the mind is a container and so is your solar plexus and that what functions as your heart. It takes a certain function because of what it contains. We accumulate many data, impressions of some kind which lodge, which are there, which rest there, which are classified there, which stay; sometimes covered up a little bit, at other times come to the foreground, which bother us once in a while. Sometimes they cause a great deal of joy because I have them. My memory, I live it. And at the proper time I remember the proper name and things of that kind.

Now, regarding work, I receive, regarding work, from time to time, different forms of food, different kinds of impressions, different kinds of data. All of that is again lodged in me in some place. Let's say and assume, that it is the proper place, the place where it belongs. That is, regarding impressions, when I am conscious they will go to a place I call the possibility of my objective evolution of my mind, wherever that is, I have said many times. Wherever it goes, when it has to do with my feeling which ~~xxx~~ part of my heart, which fortunately is satisfied for the functioning of real emotions so that it can relieve my solar plexus and, at the same time, make my heart really function in connection with breathing. The third one, the form that has to do with any kind of physical activity, is lodged, I have told you a few times, at the base of my spine where the Kudabuffer and Kundalina are.

As a result, I receive in my different parts of myself data which can be available and which I cherish and that I love. If I do not do anything with them, they will stay there. By nature they will stay in the place where they are. They are different from ordinary impressions because they run all over the place. But, when I receive it in the state of being awake, then they will stay where they are. They start to accumulate and they will, at a certain time, when they accumulate more, exert a certain form of pressure because, in which they are located, that particular container, is not big enough and cannot expand too much to ~~xx~~ contain too many.

The result of this is that when I see myself accumulating data regarding work, there is a point at which I have to become wise. I have to say, "I cannot continue like this." The only way by which I can accumulate more is by doing two things. One is to use what I have for the purpose of actually working. The other is that, while I work, the container changes and will be able to contain more or can contain substances

of a different kind of nature, rate of vibration.

So, the only solution is I try to use what I have. Now I find that when I continue even to accumulate them when I continue to try to make an attempt, when I continue to live under the influence of being effected by work, ideas, that nevertheless there is a possibility that it goes the wrong way and that I am not awake enough to utilize everything I have; both what I take in and what I have already accumulated.

And that the only way by which I can solve the problem is by working more because I know this is a thermometer. That when I have an extra amount of good data that they will run over into something else belonging to ordinary life; sentimentality you mentioned, daydreaming is another.

When I have towards work the real attitude of, I would say, I love it and wanting it and I see the necessity of that kind of form of information, data, accumulation of energies which I can take in, I know that it has to be used for a certain purpose. And that then, when I continue to accumulate and I run off into the daydreaming state, I do not work enough for the amount of facts or data I have.

So, either I stop intentionally taking in data and I say, "First you digest a little bit." Clean up house. It is, you might call it, esoteric purging. It is real in that sense. I make the house clean having in mind that I will be able to accumulate again from whatever source more data. But let me use what I have.

The reason why I say it is that if I do not, the tendencies are not only towards daydreaming and sentimentality, but they are, because I will start to think about work and I will constantly try to solve the problems by means of a thought. And I will be persuaded that that thought is just as good by what I call the devil which will offer me, at that time, a shortcut. And he will say, "Why go thru all the rigamarole of first becoming objective?", or, as he would say, "Of first being impartial and then afterwards again being partial?"

If it is a question of partiality, only a little different or a little different attitude, I can tell you exactly how to do it. You can continue exactly the same way as always and you can keep on thinking about work. And the difference is that you think about work instead of thinking about a nice hat. And that is the devil.

So, if I allow my thoughts and, very often, my feelings to be in contact with the accumulation of such data, the data will get a little bit soiled. And my thoughts will take over. Having rubbed against the data, as it were, the thoughts think that they are somebody. The result is that in my mind I continue to pay attention to many things which I say, "it is ~~xxxxx~~ insoluble; it is a problem; it is something I have to think over; it is something that is worthwhile; it is something that I ought to pay attention to. It is something really that if I do not know I cannot work." All these little subterfuges which come in and which prevent me really from working.

The solution is: I state this fact for myself. I come to conclusions and I see that I am really at an impasse; that I do not know what to do. And that, if I allow it, it creates havoc. At the moment when I come to this realization, I start, at that time, to take a deep breathe. I come to myself. I inhale as deeply as I can. At such a time probably I stretch. I sit straight. I realize that I exist and

that I am functioning, regarding my breathing, quite well. Now now, with this, I start to relax. I relax when I exhale. When I certain form of air, which partly is exhaled, part of which stays in my body. It is that kind that now stays in my body which fulfills the function of wishing to relax. You understand? Then, after this exhalation, I collect myself. I work.

This time I work in accordance with what I have as material. And I start walking. I introduce physical activity. I know that I cannot rely on my mind or my heart. They do not function as yet under the guidance of something which knows but my body is perfectly willing to become, for a little while, the servant.

It is as if, at such a time, when the body actually starts to operate, that I start to recognize that there is something going on, and becomes much more interested in that kind of functioning of being aware of that what takes place which is the movement of my body.

You can apply this in many different ways. What I told you just now is a matter of principle.